

LYNN COUNCIL ON AGING SENIOR CENTER



**July
2019**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

My oh my, it's already July! Let's kick this month off with a fabulous Independence Day cook-in on July 3rd, and we'll just keep rolling with summer programs. Please note that we will close early Friday, July 5th. We're going to see the Red Sox this month! Get your tickets now before they sell out. Everyone always gives me a hard time about which sporting events we go to. It's always the Sox they say. To this I say, the Red Sox have day games during the week! Have you ever escorted 25 seniors into Boston during rush hour, found reasonable parking rates outside of the Garden, gotten everyone through security, watched a Celtics or Bruins game making sure all seniors make it back to their seats from the bathroom, driven back to Lynn in after-game traffic, gotten home at one in the morning, and then come into work at eight the next morning? Doesn't a day game at Fenway sound so much simpler? Plus, I know all the vendors at Fenway for free soda refills. Try paying \$10 for a soda at the Garden! Anyway, we will have a ball at the Sox game and we hope you'll join us!

~Stacey Minchello

From Your Mayor

It is great to be in the midst of this New England summer! I hope you are all enjoying this warm weather and that you take the time to soak up the sunshine. It is a vibrant time of year to take part in many of the city's festivities. The fireworks display along the waterfront will be taking place on Wednesday, July 3rd. I Hope you will be able to attend this event which includes a performance by Lois Lane and the Daily Planets.

Friends of Lynn & Nahant Beach will sponsor Thursday night Concerts at Red Rock throughout the summer. The Ultimate Soul Band, Shuffle Mode and The Lexington Street Band will be performing this month. To view the concert schedule for the remainder of the summer, please visit http://www.lynnma.gov/about/redrock_concerts.shtml

The Night Lights Downtown at Ironbound will be continuing their pilot program on Mt. Vernon Street in downtown Lynn. It is family-friendly, dog-friendly, open-air night market featuring independent vendors selling art and other handmade items. There will also be food trucks, craft beer, juices & smoothies, and featuring live painting, a multi-color light display, and small-scale performances celebrating the rich arts & cultural diversity of Lynn. Wishing you a safe and enjoyable summer,

~Mayor Thomas M. McGee

CUFFE-McGINN FUNERAL HOME
 157 Maple Street • Lynn, MA 01904
 Tel: **781-599-3901**
 Fax: 781-598-2143
 www.cuffemcginn.com

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Lynn Council on Aging Senior Center

Publication
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Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello

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ebrown@glss.net

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Activities Assistant ext. 625

rpaulinodiaz@glss.net

Hours of
Operation:

Monday thru Friday

8 a.m. to 4 p.m.

LCOA Board of Directors

Diana Chakoutis

Chairperson

Minette Lall

Vice Chairperson

Pam Edwards

Clerk

Joan Noble

FRIENDS Liaison

Arthur Akers

Charles Mitchell

Betty Gonzalez

Munos Marlene Vasi Eddy

Carly McClain

Robert Mazzone

Meets 4th
Wednesday
monthly at
11:30 a.m.

FRIENDS of LCOA Executive Board

Joan B. Noble

President

Ann Breen

Vice President

Katherine Brown

Treasurer

Ellen Cash

Recording Secretary

George Harvey

Membership Secretary

Meets last
Thursday of the
month @ 9:45

Meeting Dates: September 26

Considering joining the FRIENDS? Come visit us and see what we're all about
Friendship first, friendly smiles making and raising funds for our senior center.

Tired of waiting for the mail?

Monthly newsletters are posted online:
www.ci.lynn.ma.us

Click City Hall

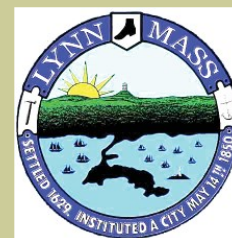
Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

Like us on Facebook!



[WWW.FACEBOOK.Com/LYNNSENIORCENTER](https://www.facebook.com/LYNNSENIORCENTER)

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger
~Dr. Harvey Berger

Thank you for your donation!
~ Sophie Karoumpalis

In loving memory of Anne McCue
~Eileen Donoghue



DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

☐
☐
☐

Person's Name: _____

Send card to: _____

Donated by: _____

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*Now Accepting Applications
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HARBOR 40FT

ADAPTIVANTS

CASINO TRIPS

Foxwoods Casino

Tuesday July 16th \$34

Tuesday August 20th \$34



Coach bus departs from senior center at 6:30am and returns at 6:30pm. Please arrive no later than 6:00am. Book rides for 6:30pm Price includes \$10 meal voucher and free slot play. No refunds unless we are notified 24 hours in advance & we sell your seat.

AMAZON SMILE

Do you or someone you know purchase items through Amazon.com? Did you know that if you use smile.amazon.com, Amazon will donate part of your purchase to the FRIENDS of the LCOA? It will not cost you anything! Just follow the link below:

<https://smile.amazon.com/ch/04-2900242>

Use smile.amazon.com for all of your purchases to support the Lynn

CLEAR CAPTIONS PHONE PRESENTATION

Monday, July 8th

9:30am—10:00am

Lynn Senior Center—8 Silsbee Street Lynn, MA 01901

Learn how to use and bring home a Clear Captions telephone for those with difficulties hearing phone conversations.

Refreshments will be served!

DANCE WITH JOY!

Love to dance? Need to reduce stress? Join us!

FREE!

Thursdays 9:00-9:45

Led by Nancy Deluth



A creative movement experience that combines dance, yoga, and meditation. Can be done seated or standing.

UKULELE CLUB

Every Tuesday 9:00am—10:00am

Activities room **FREE!**

Beginners and experienced players welcome

Instruments provided by Senior Center



ZUMBA GOLD

Zumba will take a break starting June 6th. It will resume September 12th.

COUNCIL ON AGING DAY AT SEA

Thurs, SEPTEMBER 5th \$79.00

Gloucester Lobster Luncheon & Cruise with Entertainment
New England clam chowder, steamed lobster, BBQ chicken, corn on the cob,
potatoes, and dessert PLUS each guest would receive either one glass of wine, domestic beer or signature cocktail

Trip info:

Bus leaves the Lynn Senior Center- 8 Silsbee Street, Lynn- 10 am prompt
Board boat at 11:00am—sail until 2:00pm

Return to Lynn approximately 3:30 pm

Limited seating-RESERVE EARLY -SEATS SELL QUICKLY

No refunds unless your seat is sold

Lynn seniors- reservations and payments

Lynn Senior Center- 781-586-8503

Nahant seniors- reservations and payments

Nahant Senior Center-781-581-7557

Saugus seniors- reservations and payments

Saugus Senior Center-781-231-4178

Salem seniors- reservations and payments

Salem Senior Center-978-744-0924

Name _____ tele _____

Address _____

Emergency contact name _____

tele _____

Payment: Cash Check

Reservation # _____ Lynn Nahant Saugus Salem

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn & Juice

Wide Screen Plasma Home Theatre System

Jul 3

NO MOVIE—COOK-IN

Jul 10

Baby Driver

2017

R

1h 53m

Jul 17

The Greatest Showman

2017

PG

1h 45m

Jul 24

Crazy Rich Asians

2018

PG13

2h 1m

Jul 31

Smallfoot

2018

PG

1h 36,

Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.

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North Shore Offices Phone: 978-774-2005 • 978-777-6009

www.BestMakesItHappen.com



Place Your Ad



JULY HAPPENINGS

Mon Jul 1	Bingo Bonanza! 9 cards-paper sheets only Card sales begin at 11:30am and close promptly at 1:15pm	\$11 games	1:00pm
Tue Jul 2	July Birthday Celebration		12:45pm—1:00pm
Wed Jul 3	<u>Independence Day Cook-in</u>		11:00am—2:00pm
Thu Jul 4	SENIOR CENTER CLOSED—HAPPY FOURTH OF JULY!		
Fri Jul 5	SENIOR CENTER CLOSED AT 12:00PM		
Mon Jul 8	Clear Captions phone presentation		9:30am—10:00am
Wed Jul 10	<u>Field Trip:</u> Floramo's	\$3	11:30am—2:00pm
Wed Jul 10	Supper Club	\$2	4:00pm—5:00pm
Thu Jul 11	<u>Ice Cream Social</u> Sponsored by: FRIENDS of the LCOA	\$0.50	1:00pm
Fri Jul 12	<u>Field Trip:</u> The Hall of Fame @ Patriot's Place Foxboro, MA	\$3	10:00am—3:00pm
Mon Jul 15	Bingo Bonanza! 9 cards-paper sheets only Card sales begin at 11:30am and close promptly at 1:15pm	\$11 games	1:00pm
Tue Jul 16	<u>Casino Trip:</u> Foxwoods Casino Reservation required: see page 4	\$34	6:30am—6:30pm
Thu Jul 18	<u>Field Trip:</u> Red Sox Game	\$74	11:15am—5:45pm
Fri Jul 19	<u>Brown Bag</u> Sponsored by Greater Boston Food Bank		9:00am—12:00pm
Wed Jul 24	<u>Field Trip:</u> Castle Island	\$3	9:30am—2:30pm
Fri Jul 26	<u>Field Trip:</u> Isabella Stewart Gardner Museum	\$3	10:00am—2:30pm
Mon Jul 29	Bingo Bonanza! 9 cards-paper sheets only Card sales begin at 11:30am and close promptly at 1:15pm	\$11 games	1:00pm
Tue Jul 30	<u>Field Trip:</u> Richardson's Ice Cream	\$3	12:00pm—2:00pm
Wed Jul 31	<u>Field Trip:</u> Revere Beach Sand Castles & lunch @ Flaming Grille	\$3	10:30am—2:00pm

Please note, all trips must be paid for and reserved in advance, and unless otherwise specified, lunch is paid for on your own. Payment covers transportation costs.

Hatch Hearing Aid Center

**"You Should Hear
What You're Missing"**

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TODAY**

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HARBOR 90FT
ADAPTIVE HOMES

FREE NUTRITION COUNSELING

Do you have type 2 diabetes or chronic kidney disease?

Do you have a red, white and blue Medicare card?

If so, you're eligible for FREE nutrition counseling! As part of this service, you'll meet with a GLSS Registered Dietitian, and learn more about how what you eat affects your health.

If you're interested, call Ben at 781-586-8687, Ellen at 781-586-8688

CAPE COD MYSTERY TOUR

Tuesday, September 10th \$5 10:30AM—7:00PM

Enjoy a scenic bus tour of Cape Cod Massachusetts as we make our way to the Falmouth/Hyannis area. Lunch and ice cream should be purchased on your own.

Busses leave from the Lynn Senior Center (8 Silsbee Street)

Please sign up with Erica (781-586-8618) or Rosa (781-586-8625)

ANNUAL INDEPENDENCE DAY COOK-IN

Wednesday, July 3rd

11:00am—2:00pm.

Live entertainment by Four Guys in Tuxes

Tickets \$4 per person.

Sponsored by: The FRIENDS of the Lynn Council on Aging

Tickets on sale June 3rd while supplies last—waitlist available

Senior center membership required (sign up that day)

50/50 raffle winner pulled at 1:00pm

Senior Center will close after.

Please plan your ride for 2:00pm

RED SOX GAME

Thursday, July 18th 1:05 Game vs. Toronto Blue Jays

\$74 includes transportation, tickets, and staff guidance around Fenway

Busses depart from Senior Center at 11:15am and return at 5:45pm

Reserve your seat with Rosa 781-586-8625 or Erica 781-586-8618

No refunds unless we can sell your seat.

FARMER'S MARKET COUPONS

Weds, Aug 14th 9 am –12pm Lynn Senior Center

DOORS OPEN at 7:30 am

Be sure to get a call number upon arrival MUST bring ID & proof in person:

Lynn, Lynnfield, Nahant, Saugus or Swampscott residents only

60 years of age or older

Benefit eligible (MassHealth, Medicaid, food stamps, fuel or housing assistance)

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Wellness Watch July 2019

Shingles Vaccine

The shingles vaccine is recommended for people over the age of 50. It is not used to treat an active case of shingles but can be given to help prevent shingles. The vaccine, which is given as a single injection, is typically effective for at least four years. While most people tolerate the vaccine well, potential side effects include headaches and injection site reactions.

What Is the Shingles Vaccine?

The **shingles** vaccine (**Zostavax**[®]) is a single-dose vaccine used to prevent shingles in people 50 years old and older. It is not used to treat an active case of shingles.

Previously, this vaccine was approved only for individuals age 60 and older. However, it is now approved for people as young as 50 years of age.

Who Makes It?

The shingles vaccine is made by Merck & Co., Inc.

How Does It Work?

Shingles is caused by a virus, the varicella-zoster virus (VZV). The initial infection of varicella-zoster virus causes a case of **chickenpox**. After the case of chickenpox, the virus never goes away. It remains inactive in certain nerve cells of the body, waiting to become active again (which usually occurs as people age and their immune systems are less able to suppress the virus). The shingles vaccine is a live (but weakened) version of the varicella-zoster virus. The shingles vaccine causes the body to produce an immune system response to the virus, which helps prevent shingles.

SENIOR CENTER ACTIVITIES • July 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12:0 WII	9:00 -12:00 WII	9:00 -12:00 WII	9:00 -12:00 WII	9:00 -12:00 WII
9:30-11:00 KNITTING & CONVERSATION	9:00 - 10:00 UKULELE CLUB	9:00 - 1:00 HAIR SALON	9:00-9:40 DANCE WITH JOY	9:30-11:00 KNITTING & CONVERSATION
11:00-12:00 LUNCH	9:00-11:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	9:00-12:00 WATERCOLOR & ACRYLIC PAINTING	11:00-12:00 LUNCH
12:00-1:00 MOVE SAFE CLASS	9:15-10:45 POKENO	11:30-12:15 EXERCISE CLASS (\$5)	8:00-11:00 KIOSK (IN2L)	11:30-12:15 EXERCISE CLASS (\$5)
1:00-2:45 BINGO	11:00-12:00 LUNCH	1:00 - 3:00 MOVIE	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	1:00-2:45 BINGO
	12:00-2:45 POKENO	1:00-3:00 'PENNY ANTE' POKER	11:00-12:00 LUNCH	
	1:30 BILLIARDS CLUB		12:30-2:30 JAPANESE BUNKA EMBROIDERY	
			1:00-2:00 ZUMBA GOLD	
			2:00-3:00 HORSERACING	

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- Spacious 1-bed apartments
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- Accepting applications



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Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.

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of the North Shore

111 Birch St., Lynn, MA 01902

781.592.9667

FOR THE BIRDS

L	Q	U	A	I	L	L	C	J	Q	S	S	K	N	V	J	D
B	Y	L	L	Y	T	H	A	W	D	N	S	D	G	L	B	R
S	E	L	G	A	E	T	P	R	M	G	O	K	Y	V	N	E
D	P	N	J	C	U	R	I	N	K	T	R	R	S	R	L	K
Z	P	W	X	R	A	B	P	B	H	S	T	Q	E	L	R	C
C	W	J	K	M	K	R	K	S	M	Y	A	H	L	H	L	E
V	R	E	M	C	N	M	D	H	O	M	B	L	O	E	H	P
N	Y	Q	A	C	L	O	M	I	A	C	L	O	I	S	Y	D
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Q	S	K	K	X	D	P	W	B	L	L	X	T	M	C	C	Y

ALBATROSS
BLACKBIRDS
BOBWHITES
CARDINALS
CRANES
CROWS

EAGLES
FALCON
FINCH
GEESE
HERON
KINGFISHER

LARKS
LOONS
MAGPIES
MARTINS
ORIOLES
OSPREY

PEACOCK
QUAIL
SPARROW
STORK
TURKEY
WOODPECKER

July 2019 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Oven fried chicken/gravy (464) Soup/crackers (239) Calories- 885 Sodium-1126 ALTERNATIVE Egg/cheese croissant (410) Calories-749 Sodium-1072	2 American chop suey (316) Salad/dressing (62) Calories-900 Sodium-742 ALTERNATIVE Bean/cheese burrito (350) Calories-677 Sodium-600	3 INDEPENDENCE DAY COOK-IN Prepaid ticket required Hot dog, hamburger, watermelon, lemonade, ice cream sandwich	4 HOLIDAY	5 Chicken/supreme sauce-342 Mashed potato(109) Calories-600 Sodium-745 ALTERNATIVE Seasoned pork(106) Calories-648 Sodium-520
8 Sweet and sour pork/rice(155) Mixed veg/ mushrooms(15) Calories- 745 Sodium-552 ALTERNATIVE Veggie stuffed pepper(100) Rice(5) Calories-690 Sodium-500	9 Chicken picatta/pasta(409) Salad/dressing(252) Calories-867 Sodium-977 ALTERNATIVE Pasta primavera/pasta(220) Salad/dressing(252) Calories-800 Sodium-789	10 Macaroni and cheese(520)* Soup/crackers(185) Calories-900 Sodium-1180 ALTERNATIVE Chicken/rice(280) Stewed tomatoes(32) Calories-710 Sodium-744	11 Beef stew(117) Cheddar mashed potato-136 Calories-746 Sodium-743 ALTERNATIVE Fish/coconut cream Sauce(290),plantains(16) Calories-805 Sodium-932	12 Turkey cran apple salad(310) Potato salad vinaigrette(53) Calories-638 Sodium-785 ALTERNATIVE Haitian chicken stew(250) Rice and beans(83) Calories- 610 Sodium-750
15 Honey balsamic chicken(350) Rice pilaf(93) Calories-683 Sodium-935 ALTERNATIVE Pork/BBQ sauce(275) Calories-740 Sodium-920	16 Potato Pollock/tartar sauce(385) Sweet potato(170) Calories-821 Sodium-1003 ALTERNATIVE Cheese quesadilla(300) Calories-650 Sodium-707	17 Meatloaf/gravy(255) Mashed potatoes(109) Calories-734 Sodium-915 ALTERNATIVE Macaroni and cheese(520)* Calories-776 Sodium-956	18 <u>Summer Picnic</u> Tarragon chicken & egg salad sandwiches Potato salad Coleslaw Fruit salad Calories-780 Sodium-1031	19 Pork rib/BBQ sauce(410) Butternut squash(20) Calories-622 Sodium-874 ALTERNATIVE Hoisin chicken(533)* Calories-744 Sodium-950
22 Pulled pork/mustard BBQ sauce(396),potato wedges-200 Calories-700 Sodium-1070 ALTERNATIVE Broccoli cheddar bake(436) Calories-868 Sodium-1022	23 Stuffed shells/sauce(505)* Salad/dressing(62) Calories-765 Sodium-876 ALTERNATIVE Jerk chicken(150) Calories-650 Sodium-680	24 Cold roast beef/salad(120) Soup/crackers(215) Calories-906 Sodium-977 ALTERNATIVE Honey soy chicken(350) Calories-820 Sodium-1133	25 Teriyaki meatballs(479) Veg.blend/mushroom(15) Calories-744 Sodium-890 ALTERNATIVE Beef stew/plantains(200) Calories-800 Sodium-550	26 Lemon citrus chicken(350) Red bliss potato(101) Calories-600 Sodium-751 ALTERNATIVE Fish/tomato & onions(150) Calories-700 Sodium-719
29 Meatball sub/sauce(550) Caesar salad(262) Calories-751 Sodium-1150 ALTERNATIVE Cheese pizza(340) Calories- 600 Sodium-772	30 Turkey/gravy(487) Mashed potato(109) Calories-803 Sodium-1076 ALTERNATIVE Cheese lasagna/sauce(405) Calories-733 Sodium-881	31 Beef hot dog/roll(886)* Baked beans(140) Calories- 748 Sodium-1217** ALTERNATIVE Veggie chili(448) Calories-701 Sodium-903	NUMBERS IN () ARE SODIUM FOR THE ITEM.CALORIES AND SODIUM ARE LISTED FOR THE ENTIRE MEAL,INCLUDING MILK,BREAD,MARGARINE AND DESSERT.	
ITEMS MARKED WITH * INDICATE HIGHER SODIUM (MORE THAN 500mg Per serving). MEALS MARKED WITH **INDICATE HIGH SODIUM(more than 1200mg).				

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Hair Salon

SOPHIE'S SALON

WED & FRI

9:00 AM—1:00 PM

WASH & CUT	\$10
WASH & BLOWDRY	\$10
WASH, CUT & SET	\$20
COLOR	\$25
PERM	\$45
WAX	\$5

WALK-IN OR APPOINTMENTS

APPOINTMENTS PREFERRED

SALON WILL BE CLOSED
WED JUL 3

KIOSK FOR LIVING WELL

TUESDAYS 9:00-11:00
THURSDAYS 8:00-11:00

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

PODIATRIST



THU July 11th & TUE July 16

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

BLOOD PRESSURE CHECKS

1st & 3rd Thu 8:00am—9:00am

2nd Tue & 4th Thu 9:00am—11:00am



PHONE ASSISTANCE BY APPOINTMENT ONLY

Tue & Wed

2:00pm—3:00pm

LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET
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